

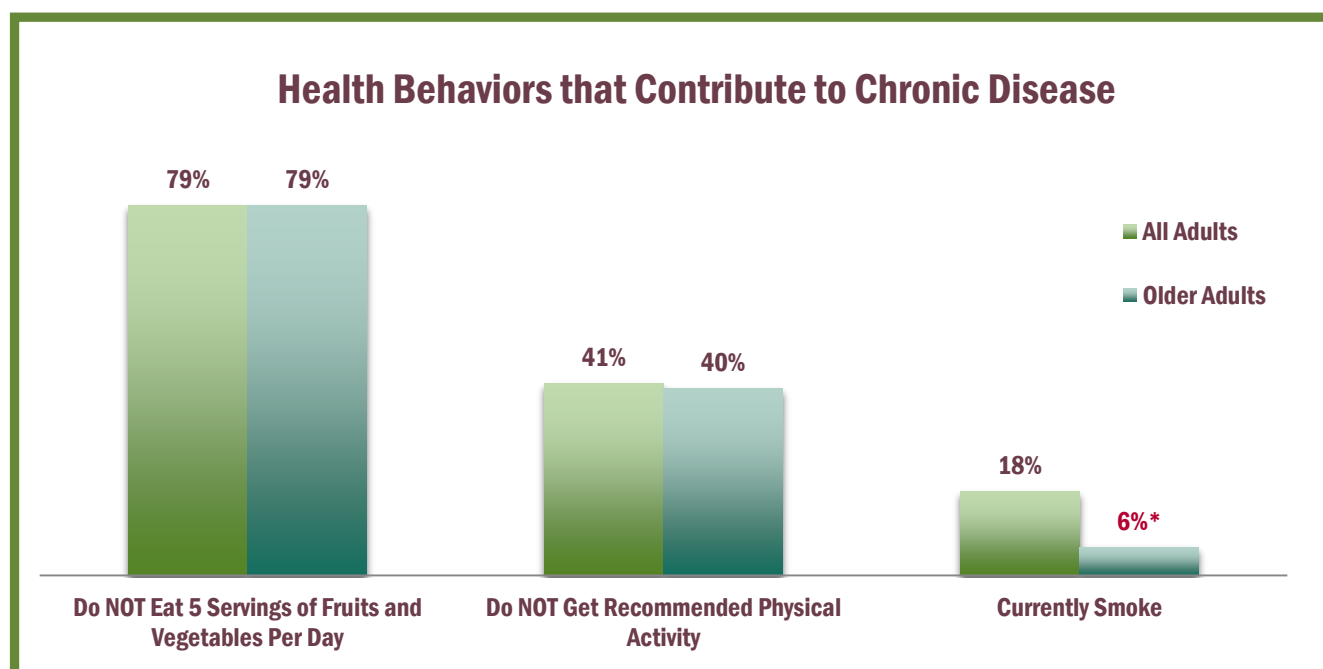
# Chronic Disease and Older Vermonters

**Older Vermonters are disproportionately impacted by chronic disease.** Fortunately, for many older Vermonters, they no longer engage in the behaviors that led to those diseases. In fact, they are less likely than the general population to smoke or to drink sugar-sweetened beverages. Unfortunately, for far too many older Vermonters the damage has been done. Rates of diabetes, pre-diabetes, and hypertension rise significantly with age, along with heart disease and cancer.

3-4-50 is a simple concept to help us grasp the reality that 3 health behaviors contribute to 4 chronic diseases that claim the lives of more than 50 percent of Vermonters. This data brief compares these measures by all Vermont adults and adults aged 65 years and older.

### 3 BEHAVIORS

**Poor nutrition, lack of physical activity and tobacco use are three health behaviors that contribute to the development and severity of chronic disease.** Older Vermonters (ages 65 and older) have similar rates to all adult Vermonters when it comes to poor diet or not getting the recommended amount of physical activity. However, they are less likely to smoke. Nearly four out of five older Vermonters do not follow the recommended diet, and two out of five do not get enough physical activity. Few older Vermonters smoke.



(\*) notes statistical difference

Data Source: BRSS, 2013 and 2014

Note: Percentages for combined chronic disease prevalence account for Vermonters with dual diagnosis.

## LEAD TO 4 CHRONIC DISEASES

**Older Vermonters are more burdened with disease than their younger counterparts.**

- Nearly one in five have been diagnosed with diabetes (17%) or cardiovascular disease (21%).
- 16% are living with cancer.
- Nearly one in 10 have been diagnosed with pre-diabetes (11%).
- One in 10 older Vermonters have been diagnosed with asthma (10%), a similar rate to all adult Vermonters.
- 13% have been diagnosed with COPD.

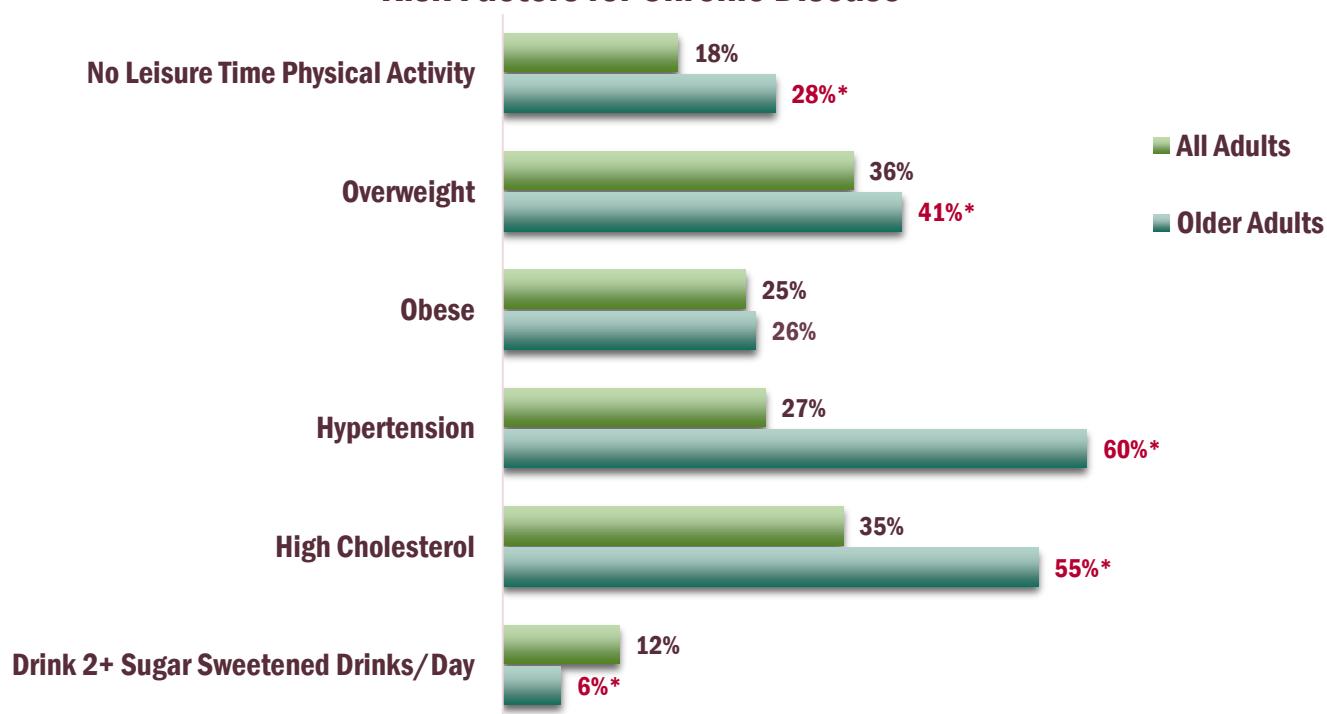
Chronic Disease Diagnosis	All Adults	Older Adults
Lung Disease (Asthma/ COPD)	15%	19%*
Diabetes and Pre-Diabetes	13%	26%*
Cardiovascular Disease	7%	21%*
Cancer	7%	16%*

(\*) notes statistical difference

Data Source: BRFSS, 2013 and 2014

Note: Percentages for combined chronic disease prevalence account for Vermonters with dual diagnosis.

## Risk Factors for Chronic Disease



(\*) notes statistical difference

Data Source: BRFSS, 2013 and 2014

For more information on the data presented here, contact Jennifer Hicks at [jennifer.hicks@vermont.gov](mailto:jennifer.hicks@vermont.gov)